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The History of the Gingerbread House

By **STEFANIE BROOKE**
Tangi Times Community Journalist

Every December, kitchens across the world are filled with the warm, spicy aroma of gingerbread. Flour flies, icing bags burst, and candy sprinkles scatter as families gather to construct miniature edible masterpieces.

Gingerbread houses, with their candy cane fences and gumdrop roofs, are a beloved holiday tradition. But have you ever wondered how this delightful pastime began? Let's take a whimsical stroll through the history of gingerbread houses and uncover the origins of this sugary art form.

Gingerbread – the edible kind – has been around far longer than the colorful houses we associate with Christmas today. Its roots date back to ancient times, when ginger was used to preserve bread.

Over the centuries, gingerbread evolved from a

practical food into a festive treat. By the Middle Ages, European bakers were shaping gingerbread into decorative figures, often for special occasions. Some even believed

gingerbread had magical properties (perhaps that's why it tastes so enchanting!).

The tradition of crafting gingerbread houses as we know it today likely took its inspiration from the Brothers Grimm and their famous tale of Hansel and Gretel. Published in 1812, the story of two children stumbling upon a witch's candy-coated house captivated imaginations across Germany.

Bakers, never ones to shy away from a challenge, began recreating these fairy tale cottages in real life, using gingerbread as their building material. Soon, making gingerbread houses became a popular Christmastime activity in Germany, a tradition that eventually traveled across the globe.

By the 19th century, gingerbread houses had solidified their place as a Christmas staple. The timing made sense: gingerbread was already a holiday

Please see GINGERBREAD, Page 8





Spokes for Hopes

The Hammond Police Department gave out 102 bicycles to families in our community in their 4th annual Spokes for Hopes program. In addition to donations from the community, the program was sponsored by Ross Downing, Royal Pets, North Cypress, Hammond Union of Police Local 345, and the Hammond FOP Lodge 34.



MERRY CHRISTMAS

from

The Tangi Times



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By OLE HARDHIDE
The Alligator

Merry Christmas to all my favorite swampies!
The grandest gator of all is here to share tidings of happiness and good cheer. We've all worked hard this year and deserve a visit from Santa Claus – right? Don't fib now, 'cuz Old Saint Nick ain't the only one who knows if you've been bad or good!
Old Hardhide is watching you! 🐊
See you next year!



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Tonya Aiken

MESSAGE FROM THE MAYOR

Mayor Wesley Daniels
City of Ponchatoula

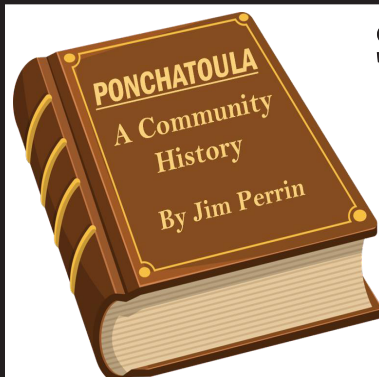


MERRY

Christmas
FROM MY FAMILY TO
YOURS!

"I love our city, and
I love its people."
-Wesley Daniels

The
Tangi Times



Second Printing Now Available

The second printing of Jim Perrin's popular local history book is now available. This final printing, made with slight revisions of the 318-page history of Ponchatoula, is offered for a limited time.

The book, which has been out of print since 2021, is a lavishly illustrated volume, complete with maps, and fully indexed. The volume is a valuable source of information on this community and would make a special Christmas gift.

Available at:

Ponchatoula Country Market & CJ's Antiques in Ponchatoula,
Bayou Booksellers & The Turquoise Coyote in Hammond,
and through The Tangi Times News Headquarters

WHAT'S HAPPENING!!

in Tangi

SATURDAY DECEMBER 28

8am-12pm

Mystic Crusin'
Auto Car Show
N. 6th St., Ponchatoula

SATURDAY DECEMBER 28

9am

New Years
Eve Celebration
Fire Side RV Resort
42053 Hwy 445,
Ponchatoula

SATURDAY DECEMBER 28

8am-12pm

Hammond Farmers &
Artisans Market
106 NW Railroad Ave.,
Hammond

TUESDAY DECEMBER 31

12pm

Low Road Brewing
Farwell Party
1110 C.M. Fagan Dr.,
Hammond

TUESDAY DECEMBER 31

9:00pm-1:00am

Justin Cornett Band
Food available, BYOB
Ponchatoula Lions Club
750 E. Pine St, Ponchatoula
Doors open at 7:00

Happy 45th Anniversary



Courtesy Photo

Tom and Dana Fletcher

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TANGI GUMBO

A little bit of everything you need to know

On December 13, 2024, at approximately 6:05am, Troopers with Louisiana State Police Troop L responded to a two-vehicle crash on LA Hwy 437 near Royal Pine Drive in St. Tammany Parish. The crash claimed the life of 26-year-old Benjamin Bonura of Amite. The preliminary investigation revealed that Bonura was working as a sanitation hopper on the rear of a 2020 International garbage truck, which was stopped southbound on LA Hwy 437. At the same time, a 2024 Hyundai Elantra was traveling southbound on LA Hwy 437. For reasons still under investigation, the Hyundai failed to stop, collided with the rear of the International, and struck Bonura. Bonura was transported to a local hospital, where he later succumbed to his injuries. The driver of the International, who was properly restrained, sustained no injuries. The driver of the Hyundai, who was properly restrained, sustained moderate injuries and was transported to a local hospital. A routine toxicology sample was obtained from both drivers for analysis as part of the ongoing investigation.

NTCC says they are offering a special Early Bird discount on sponsorships for the 2025 Chancellor's Scholarship events as we approach the holidays. Register your sponsorship before January 31, 2025, to receive a 15% discount on packages with marketing and other benefits. At both events, sponsors will have the opportunity to connect with scholarship recipients, fellow supporters, community leaders, and NTCC faculty. The breakfasts for the Lacombe and Bogalusa campuses will be on March 28 at Benedict's. The breakfast for Hammond, Florida

Parishes, and Walker will be on April 4 at the Oaks in Ponchatoula. Doors open at 7:30am for coffee and networking; break-fast and scholarship presentations begin at 8:00am.

The Louisiana Department of Wildlife and Fisheries is asking state deer hunters for assistance in surveillance for chronic wasting disease in connection with a deer at a captive deer farm testing positive for the disease in Jefferson Davis Parish. LWDF is asking for surveillance in ten parishes, including Tangipahoa and Pointe Coupee parishes, as the deer from that deer farm have been traced to captive deer facilities there. Other parishes include Calcasieu, DeSoto, Bossier, Ouachita, Catahoula, Concordia, St. Landry, and Iberia. Deer hunters are encouraged to assist in surveillance by submitting samples. A deer head with 4-5 inches of neck is needed for diagnostic testing. Hunters can contact the nearest LDWF Field Office for sample testing information. The Hammond office is at 42371 Phyllis Ann Drive, and their phone number is 985-543-4777.

The Louisiana Department of Children and Family Services hosted its 26th annual Adoption Celebration on December 12, 2024, honoring the 471 families who adopted 608 children and youth from foster care this past year. The afternoon's festivities included refreshments, games, and a visit from Santa. The 608 children finding permanency this year include: Three adoptions from the Extended Foster Care program for young adults ages 18-21; 36 adoptions (6% of total) involving youth ages 13-17; and 288 siblings adopted together by 164 families.

Officials broke ground last week for the new Loranger Branch Library. The new facility is being built on LA 1062, just north of the three Loranger school campuses. In the future, the library will be part of the new Loranger High School, which will be built on the adjacent 38 acres. Tangipahoa Parish Councilman Louis Joseph serves on the Library Board, and Councilman Joe Havis, who represents the Loranger area on the Council, were among those on hand for the groundbreaking last week. The new library is expected to open in early 2026.

For the past three years, the Southeastern Louisiana University Police Department has spread smiles, one toy at a time. Lt. Ronald Plaisance and Sgt. Michelle Blanchard created LEOs (Law Enforcement Officers) and Lions for Little Ones in 2022. The organizations collect toys for the patients at Children's Hospital in New Orleans throughout the year, with an extra push during the holidays. First Lady Misty Wainwright co-sponsored the drive this year with UPD. Toys, including books, games, electronics, and more, are donated for children from newborns to teenagers. Donations are first inspected by the hospital staff before being set out for the parents to "shop" for the toys they think will best suit their child. The toys are then wrapped and delivered to the patients on Christmas morning.

On December 11, 2024, the Hammond Police Department responded to a report of a burglary at Carvana, located at 19091 Hipark Blvd. The responding officer was informed that the previous night, an unknown white male entered the business, was able to access where keys were stored, and removed several sets of keys, which were for vehicles for sale. The suspect then used one of the keys to steal a 2016 Range Rover. Any person knowing the identity or whereabouts of this suspect or who has any information about this crime is asked to contact Detective Ronney Domiano at 985-277-5739 or domiano_rj@hammond.org via the Hammond Police Department's Facebook page or through Crime Stoppers of Tangipahoa's anonymous tip line at 1-800-554-5245. Be a part of the solution, and you may be eligible for a cash reward.

Talk of the Town!

What is something NON-BIOLOGICAL that:

- A. Women can do better than men
- B. Men can do better than women

April Brandt Ponchatoula



A- Wrap Gifts
B- Mechanical things

Becky Slaughter Ponchatoula



My husband is better at folding clothes than I am, but I'm better at building fires.

Christine Rogers Ponchatoula



A: women can multitask better than men
B: Men overestimate better than women

Christy Campbell Ponchatoula



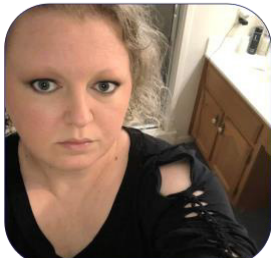
I'm better at finding things (right in front of him). He's a better navigator with a great sense of direction!

Lillian Head Ponchatoula



Women are better at sympathizing, and I can't speak for men.

Morgen Muffeletta Robert



A. Cleaning up after someone who pees standing up
B. Peeing standing up

Paul Crocker Hammond



A. Talk
B. Not talk

Tina Head Ponchatoula



Me: remembering the birth dates of family members. Him: remembering details of every fishing trip.

Would you like to ask a question in Talk of the Town?
Send your question to publisher@tangitimes.com

NOTICE TO SUBSCRIBERS

Due to significant recent and anticipated postage increases, subscriptions outside our retail area will soon be converted to digital only. If you live outside Tangipahoa, Livingston, or St. Helena Parishes, it is important that you sign up for digital access at www.tangitimes.com. For more information or to maintain paper delivery, please call our office at 985-467-0096.

What do these local businesses have in common?

ponchatoula

Bohning's
Gabriel Building Supply
CVS Ponchatoula
B2 Antiques
Moss & Berry
Ponchatoula Family Pharmacy
Specialty RX Pharmacy

kentwood

Kentwood Pharmacy
Kentwood City Hall
Kentwood Café
Schilling's Pharmacy
Kentwood Co-op
Pizza Shack

independence

The Man Shack
Hilltop Market & Deli
Minute Man Convenience
La Potosina

robert

Robert Supermarket
Robert Pharmacy

tickfaw

Mike's Express

albany

P&J Supermarket
Circle A Hardware
Huckleberry's

hammond

Jeanie's - It's All Good
Doughlicious Donuts
University Donuts
CVS Hammond
Pull Clip Café
Scott's Pharmacy
Don Chaucer's Pharmacy
Bayou Booksellers

amite

Drive-In Drug Store
Thrift-Town HealthMart
Gabriel Building Supply
Master Chef

loranger

Gene's Greenhouses
Loranger Supermarket
Family Healthcare

montpelier

Bear Creek Western Store
Miller's Grocery

bedico

Bedico Supermarket

springfield

Landry-Poché Farm
Childers Grocery
Liquor Heaven

YOU SAY IT'S YOUR BIRTHDAY!

MONTY LUNN MARIA GUAY
MICHELLE NORWOOD AVA LANKFORD
MILA STANGA NICK GILDER
RICK NIELSEN JORMA KAUKONEN
IAN BURDEN MICK JONES
EDGAR WINTER LARRY BYROM
DAVE MURRAY ROBBIE DUPREE



Would you like to wish someone a happy birthday in The Tangi Times? Just send the name of the birthday boy or girl along with the special date to publisher@tangitimes.com.



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The Tangi Times

Leadership Tangipahoa November Adventure

By WHITNEY FLOYD, TREY TYCER, AND AUSTIN ROGERS



(Courtesy Photo)

Last month, Leadership Tangipahoa's 2024-2025 cohort had the opportunity to see some of Tangipahoa Parish's hidden gems, thanks to the help and guidance of leaders within Tangi Tourism. They curated a day that took us around the entirety of the parish. Before our first visit, we had the opportunity to learn more about the parish's tourism industry and the impact it has right in our own backyard.

Our recent experience with Tangi Tourism left us both inspired and grateful for their incredible work in promoting our parish. Carla and her dynamic team, Emily, Dana, Craig, Sharonda, and Sibyl work tirelessly to highlight the robust tourism industry and showcase everything Tangipahoa Parish has to offer. Their behind-the-scenes efforts directly benefit local businesses and help generate vital funds for our community.

During our time with Tangi Tourism, we had the opportunity to explore some of the many treasures our parish holds. Visit tangitourism.com to discover the fun awaiting you.

Whether you're seeking adventure, relaxation, or a culinary experience, there's something here for everyone. For visitors, whether it's a day trip or a weeklong stay, you'll find plenty to keep you entertained or the perfect setting to simply unwind amidst our beautiful natural landscapes.

Throughout the day, our class had a chance to stop and tour the following locations to see what they have to offer:

Our first stop of the day brought us to the northern edge of the parish in Kentwood, where we visited the Stalekracker Video Studio & Production Facility, which is also home to Cajun Two Step. Stalekracker (aka Justin Chiasson) welcomed the group into his video production studio and told us a little about his team's accomplishments and vision for the future.

Stalekracker has over 10 million followers on TikTok and other social media plat-

forms. When he is not recording cooking videos and planning the next event, he is working to raise money and awareness for charitable causes.

He and his team have created something special in our community that has already attracted people from around the world. Their last crawfish festival attracted more than 7,000 people, including some international visitors.

Our journey then led us to K5 Saloon at Flory Farm. It's an event venue with a western town influence, hosting events of all kinds, from baby showers to weddings. With a maximum capacity of 200 guests, it truly feels like stepping back in time. The charm and character of K5 Saloon make it a standout destination for unforgettable celebrations.

Our third stop brought us to Covey Rise Lodge in Husser, which began 25 years ago as a small hunting lodge, youth hunter safety camp, and place for year-round shooting activities. In 2008, they expanded to include a produce farm, growing herbs, squashes, and root vegetables.

Their CSA (community-supported agriculture) program provides fresh local agriculture to individuals and restaurants through partnerships across the Northshore and New Orleans. Most recently, they added "The Venue" to host groups overnight. It is a popular spot for farm-to-table dinners, weddings, and business conferences.

Established in 2000, the Louisiana Renaissance Festival was the first of its kind in the state. Our group was welcomed by Alvon and Amy Brumfield, the founders of the festival, and Daisy, one of the Washing Well Wenches who performs at the festival each weekend.

While touring the English village of Albright, our class learned about everything the festival offers visitors of all ages. With shopping, entertainment, food, and more, there is truly something for everyone. There is a rotating list of shows for each weekend and over 30 performances

happening each day.

Each year, RenFest grows in popularity and brings in thousands of visitors to our parish. However, there are still many people in the area who have never had the opportunity to experience the charm this festival has to offer. If you have never had the chance to take a stroll around the lake or watch a show on the Queen's stage, you are truly missing out on one of our parish's hidden gems!

The fifth and final stop brought us to Gnarly Barley Brewery in Hammond, where we toured the facility and taproom. Founded by Zac and Cari Caramonta, it has become a vibrant cornerstone of Louisiana's craft beer scene.

What began as a passion project in a garage has blossomed into an award-winning brewery known for innovative brews like Jucifer IPA and Catahoula Common. With its laid-back vibes and dedication to quality, Gnarly Barley captures the soul of Southern hospitality, drawing locals and visitors alike to its taproom.

Although our day of exploring just a few of the Tangipahoa Parish's hidden gems may have felt like a field trip, we could not have had such a fun and rewarding day without the help of a few important people. We would like to thank our employers, Southeastern Louisiana University, Tycker Ready Mix, and Lot To Lot for allowing us to participate in this year's class.

We also give a huge thank you to our friends at Tangipahoa Tourism who helped to coordinate the day alongside our Leadership Tangipahoa Coordinator, Nick Gagliano. They all went above and beyond to curate a day that was unique for our group and found things that many of us had never experienced. We would also like to thank the Leadership Tangipahoa Board of Directors and our hosts at this month's site visits for all of their hard work and dedication to our class and the guests that they welcome to our parish every day.

Burger King Cuts Ribbon on Remodeled Ponchatoula Restaurant



On December 4, Burger King hosted a ribbon cutting for its newly remodeled and rebranded restaurant in Ponchatoula. The Ponchatoula Chamber, city officials, and representatives from the restaurant's parent company, Carrols, attended the ceremony.

PHS Class of 1956 Luncheon

PHS class of 1956 continued the December gathering for lunch and visiting at Middendorf's in Manchac. A special guest was Reggie Pevey, one of the former teachers and special friend of many of those in attendance. Class members consistently have lunch twice each year in December and June.

A more formal 70th year class reunion in 2026 is already being planned.



Courtesy Photo

Standing: Darrell Adams, Milton Hill, Horbart Pardue, Jerry Matthews, Jimmy Berteau, Miriam Dahmer Summers, Gail Kraemer Grob, Jim Cox, John Laird, Richard Rody

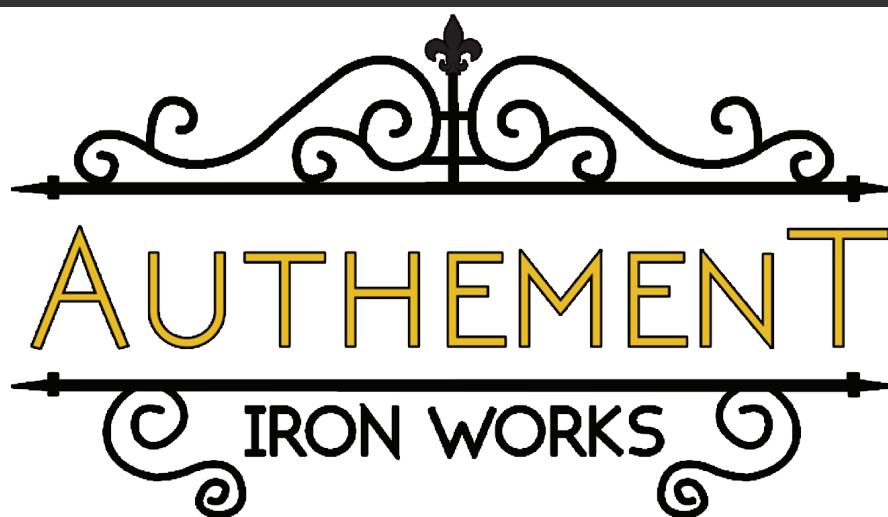


Courtesy Photo

Special guest at the PHS class of 1956 was Reggie Pevey, soon to reach his 97th birthday. He is pictured with class graduates Nelda Parker Dendinger, Bette Kennedy Laird, Deanna Turnage Hebert, and Gail Kraemer Grob.



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Ponchatoula Christmas Spectacular

By STEFANIE BROOKE
Tangi Times Community Journalist

The Christmas season came alive in Ponchatoula with the highly anticipated Christmas Spectacular at First Baptist Church. Performed on December 13 and 15, the event offered the community a dazzling display of music, drama, and holiday cheer, all wrapped up in the heartwarming message of Christmas.

The title of this year’s show, For Unto Us A Child Is Born, perfectly captured the spirit of the season. Under the leadership of Senior Pastor Dr. David Cranford, who opened and closed the event with thoughtful reflections, and Music

Pastor Chip Vickers, who orchestrated the musical performances, the program unfolded with a blend of heartfelt melodies and compelling storytelling.

The church’s talented choir, accompanied by an orchestra, delivered stirring renditions of holiday classics and sacred hymns, leaving the audience spellbound. The dramatic performances, brought to life by the church’s drama ministries, added depth and emotion to the story of Jesus, reminding everyone of the true meaning of Christmas.

The event was free to the community, and the church was packed for both performances. Standing ovations erupted as the final notes resonated, a testament to the hard work and passion poured into every aspect of the show. It was an unforgettable evening as the music, the message, and the atmosphere all came together to create something truly special.

As the lights rose and the crowd dispersed, hearts were full, and the joy of the season lingered. The Christmas Spectacular at First Baptist Church of Ponchatoula was more than just a performance; it was a celebration of hope, love, and the glory of Christmas. Bravo to all who made this event a shining star in the holiday season!

Joyce Wildlife Management Area – a Hidden Tangi Gem

By STEFANIE BROOKE
Tangi Times Community Journalist

Nestled just outside Ponchatoula, Louisiana, the Joyce Wildlife Management Area is a hidden gem that sparkles brightest in winter. With its rich history, breathtaking scenery, and vibrant escape for nature enthusiasts looking to swap screen time for serene time.

The Joyce Wildlife Management Area (WMA) boardwalk is a highlight for visitors exploring this lush Louisiana wetland. This raised walkway allows visi-

tors to experience the heart of the swamp while staying dry and comfortable.

The boardwalk stretches about 1,000 feet, offering an immersive yet accessible path through the cypress-tupelo swamp. Its sturdy wooden structure provides a safe and stable platform for all ages to enjoy the wetland beauty. With a straightforward layout, it is ideal for both seasoned hikers and casual strollers.

Winter is when Joyce truly comes alive, offering a quieter, cooler experience with nature’s finest displays. Birdwatchers, bring your binoculars! The area becomes a bustling hub for migratory birds.

Snowy egrets, white ibis, and stately great blue herons grace the waters, while flocks of ducks skim the surface like feathered jewels. Keen-eyed visitors might even spot a rare bald eagle soaring majestically overhead, its piercing cry echoing through the crisp air.

The swamp’s winter palette – subdued greens, silvery moss, and deep browns – provides a stark yet stunning contrast to the

summer’s verdant lushness. Frogs and turtles take a backseat during these cooler months, but the swamp still hums with life. Listen closely, and you’ll hear the rustle of raccoons and otters making their rounds, or the splash of fish darting beneath the surface.

For nature enthusiasts, Joyce WMA is more than just a scenic retreat; it’s an interactive classroom. Wooden boardwalks weave through the swamp, offering visitors a chance to observe the wetland’s intricacies up close without disturbing its delicate balance.

Photographers will delight in the soft winter light, perfect for capturing the swamp’s ethereal beauty. And for those who simply want to breathe it all in, there’s no better therapy than standing on the edge of the marsh, surrounded by the symphony of nature.

Joyce Wildlife Management Area is a treasure trove of natural and historical wonders. Whether you’re a seasoned birder, an amateur photographer, or just someone looking to reconnect with the outdoors, this winter destination offers something magical for everyone.

So lace up your boots, grab a thermos of cocoa, and head out to Joyce WMA, where the swamp whispers stories, and the wildlife welcomes you with open wings.

of Jani-King Gulf Coast. The Chamber will honor outgoing board members and officially install the 2025 Board of Directors.

Event highlights include the recognition of the 2025 Tangipahoa Chamber Businesses of the Year and Premier Investors. Distinguished volunteer awards, including the Frances Chauvin Volunteer of the Year, Board Member of the Year, and Ambassador of the Year, will also be announced.

Registration closes Tuesday, January 7, at noon, and tickets will not be available at the door. Secure your seats today.

To purchase tickets, learn more about the event, or explore sponsorship opportunities, visit www.tangipahochamber.org or call the Tangipahoa Chamber office at (985) 345-4457.

A Message of Gratitude and a Call to Action

By TONYA AIKEN
Tangi Times Technical

This past year presented its share of challenges. We understand that some of you may have experienced difficulties reaching your agent or felt the level of attention you received this year was not up to the usual standards.

As a member of the agent community, we ask for your understanding and grace as we reflect on the many external factors that impacted our ability to serve your needs seamlessly. Technical issues, market disruptions, and increased regulatory restrictions created significant obstacles this year. Despite these challenges, we remain committed to serving your insurance needs with integrity and dedication.

If you missed the Annual Enrollment Period, which ran from October 15 to December 7, there is no need to worry. You have another opportunity to make changes during the Medicare Open Enrollment Period, which runs from January 1 to March 31.

During this time, you can: Switch to a different Medicare Advantage Plan (Part C), drop your Medicare Advantage Plan and return to Original Medicare (Parts A & B). My advice is to enroll in a Medicare Prescription Drug Plan (Part D) if you return to Original Medicare.

This extended period allows you to revisit your plan choices and make adjustments to better meet your needs. However, be prepared for an increase in those pesky marketing calls during this time.

We understand how frustrating relentless marketing calls can be. Unfortunately, a small number of unethical players – primarily call centers – have tarnished the reputation of the broader agent community.

In response, Medicare has implemented burdensome and excessive regulations that impact all agents, regardless of their integrity. It’s important to note that most independent agents are dedicated professionals who uphold ethical standards and maintain strong, accountable relationships with their clients.

These call centers do not represent the agent community as a whole. Many organizations we are involved with are working proactively to combat these unethical practices.

One way to do this is by highlighting the positive work we do. We can’t do it alone; we need your support!

If you value the personalized assistance you receive from your agent, we encourage you to share your expe-

riences. Your stories matter and help advocate for better regulations that distinguish between ethical agents and those who exploit the system. Your voice can make a difference in shaping the policies that impact how we work on your behalf.

If a health insurance agent has helped you understand your coverage, enroll in Medicare, resolve a claims issue, or find cost-effective ways to manage your medications, we kindly ask that you share your experience. Completing a brief survey can provide valuable insights and help advocate for agents who prioritize ethical service. The National Association of Benefit and Insurance Professionals has put together a brief survey to assist with this effort.

Please visit our website at www.louisianasenioradvisors.com to access the survey. Should you wish to remain anonymous, simply enter “anonymous” in the first and last name fields and use anonymous@nabip.org as the email address.

As we close out this year, we want to express our deepest gratitude. Despite the challenges, your support has been a cornerstone of our success. We look forward to continuing to serve you in the year ahead.

We wish you and your loved ones a joyful holiday season and a prosperous New Year. Here’s to a fresh start and continued success for us all!

*Tonya Aiken
Louisiana Senior Advisors, LLC*

Cassidy, Peters Introduce Legislation to Protect Americans’ DNA

From Sen. Bill Cassidy

U.S. Senators Bill Cassidy, M.D. (R-LA) and Gary Peters (D-MI) introduced the Genomic Data Protection Act to give Americans using at-home DNA tests the choice to delete their genomic data and destroy their biological samples. Approximately 21% of Americans have taken a mail-in a DNA test from a direct-to-consumer genomic testing company. The lack of privacy protections opens the door to the potential selling of this data, which poses a risk to consumers and national security if an adversarial entity acquires the information.

“Americans should know what happens to their personal health data after an at-home DNA test,” said Dr. Cassidy. “We need federal guidelines to make sure their rights are protected. Specifically, Americans should control their own

genomic privacy.”

“American citizens should have the right to control how their unique health and genetic information is being used and stored,” said Senator Peters. “This bill would give consumers the power to access their personal genomic data, delete it from a company’s platform, and ultimately destroy it if they choose.”

Ten states, including Arizona, California, Kentucky, Maryland, Montana, Tennessee, Texas, Utah, Virginia, and Wyoming, have enacted consumer protections related to the genomic data held by direct-to-consumer genomic testing companies. However, there is no federal framework that allows Americans to protect the privacy of their personal genomic data. The legislation tasks the Federal Trade Commission with enforcing

the Genomic Privacy Protection Act.

The Genomic Data Protection Act would:

Require direct-to-consumer genomic testing companies to enable a consumer to access their genomic data, delete their genomic data, and destroy their biological samples;

Require direct-to-consumer genomic testing companies to notify consumers about the upcoming purchase or acquisition of a direct-to-consumer genomic testing companies and remind consumers of their rights to access, delete, and destroy their genomic data and biological samples;

Require direct-to-consumer genomic testing companies to process deletion requests within 30 days. The companies must also notify consumers that their request was processed 30 days after the data was deleted; and,

Stipulate that deidentified data can only be used for medical research in compliance with Health Insurance Portability and Accountability Act (HIPPA).

Ponchatoula Woman Sentenced for Embezzlement

From U.S. Attorney Duane Evans

U.S. Attorney Duane A. Evans announced that on Tuesday, December 10, 2024, ANGELA C. MITCHELL (“MITCHELL”), age 49, of Ponchatoula, Louisiana was sentenced to a year and a day in prison by U.S. District Judge Greg G. Guidry. MITCHELL had previously pleaded guilty to access device fraud in connection with her embezzlement from a Covington, Louisiana company (“Company A” in court documents) where

she worked from October 2016 to June 2018.

According to court records, MITCHELL embezzled approximately \$116,998.70 from Company A by, among other things, fraudulently transferring funds from Company A’s bank accounts via electronic transfers and by drafting unauthorized checks to herself. MITCHELL committed the fraud during her employment and continued illegally accessing Company

A’s accounts after she was terminated in June 2018.

In addition to the term of imprisonment, Judge Guidry ordered MITCHELL to pay \$116,998.70 in restitution to Company A. Judge Guidry also sentenced MITCHELL to three years of supervised release and ordered her to pay a \$100 mandatory special assessment fee.

U.S. Attorney Evans praised the work of the Homeland Security Investigations - New Orleans Field Office, in investigating this matter. Assistant U.S. Attorney Matthew R. Payne, of the Financial Crimes Unit, is in charge of the prosecution.

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Tangipahoa Chamber Annual Installation and Awards Luncheon

From Tangipahoa Chamber of Commerce

The Tangipahoa Chamber invites business leaders and community partners to its Annual Installation and Awards Luncheon on Thursday, January 16, at the Southeastern Louisiana University Student Union Grand Ballroom in Hammond. Southeastern’s MBA and Professional Advancement Programs in the College of Business are the Presenting Sponsor for this year’s event.

“Attending the luncheon with key team members and clients is a great way to show your engagement with the Chamber and support the work we do,” said

Melissa Bordelon, Tangipahoa Chamber President and CEO. “If you are doing business in Tangipahoa, or want to do business in Tangipahoa, we invite you to be a member of the Tangipahoa Chamber. Joining us for this 2025 kickoff is a fantastic way to start our year together!”

This signature event will celebrate the achievements of 2024 under the leadership of Chairman of the Board Brandi Stevens of BRS Tax & Bookkeeping, while looking ahead to 2025 with Incoming Chairman of the Board Chance Enmon

Public Notices

CITY OF PONCHATOULA

NOTICE OF INTRODUCTION OF ORDINANCE

Notice is hereby given that on December 9 2024, at a regular meeting of the Ponchatoula City Council, an ordinance was introduced as follows Amendment to an Ordinance Prohibiting Smoking in Workplaces and Public Places in the City of Ponchatoula and Providing for Related Matters. A public hearing will be held on January 13, 2025, at 6:00 p.m. at the regular meeting of the City Council. Anyone with comments may appear before the council at this time.

Publish Dec 19, 26, Jan 2

s/Nikki James, City Clerk

TANGIPAHOA PARISH FIRE PROTECTION DISTRICT NO. 1

Tangipahoa Parish Fire Protection District No. 1
Board of Commissioners
Regular Meeting
November 14, 2024 5:00 p.m.

(Regular Meeting of October 10, 2024, was cancelled due to lack of quorum)

The Board of Commissioners of Tangipahoa Parish Fire Protection District No. 1 met this 14th day of November, 2024, in regular session. Those present were Chairman E. Ray Glasgow, Vice-Chairman Robbie Lee, Commissioners Herbert Brumfield, Merrie Bennett and Reginald Foster, Secretary Agnes Prevost, and Fire Chief J. D. Stevens. Assistant Chief Jason King and Chief of Fire Prevention C. J. Pardue were also in attendance.

The Chairman called the meeting to order and a motion was made by Mr. Lee, seconded by Ms. Bennett and carried that the Board dispense with the reading of the minutes of the previous meeting dated October 8, 2024, and accept them as prepared.

Mr. Brumfield made a motion to approve payment of current bills in the amount of \$61,348.44. Mr. Lee seconded the motion and it so carried.

After review of the financial statement, a motion was made by Ms. Bennett, seconded by Mr. Foster and carried that the financial statement for the month of October, 2024, be accepted.

Ms. Prevost presented a proposed operating budget for fiscal year 2025. She made known that the proposed budget allocates funds for capital outlay projects, which includes the training facility. She asked that a public hearing on the proposed 2025 operating budget be held at the December 12, 2024, meeting of the Fire Board, after which an ordinance would be presented for adoption of the budget.

Whereupon, a motion was made by Mr. Lee, seconded by Mr. Foster and carried that a public hearing on the proposed 2025 operating budget be held at the December 12, 2024, meeting of the Fire Board.

The Chairman recognized Fire Chief Stevens, who made known to the Board that the terms of office for Commissioners Reginald Foster and Merrie Bennett, who are appointed by the Parish Council, will expire on December 31, 2024; further that Mr. Foster is eligible to serve another two-year term on the Board but Ms. Bennett has served the limit of two terms.

Chief Stevens requested that the Board authorize the Secretary to send a letter to the Parish Council requesting that Mr. Foster be reappointed to the Board of Tangipahoa Parish Fire District No. 1 for another two-year term and that Mr. Jeff McKneely be appointed to replace Ms. Bennett on the Board.

A motion was made by Mr. Lee, seconded by Mr. Brumfield and carried that the Secretary be authorized to send a letter to the Parish Council requesting that Mr. Reginald Foster be reappointed to the Board for another two-year term and that Mr. Jeff McKneely be appointed to replace Ms. Bennett on the Board.

Fire Chief Stevens stated that the Roseland property tax and sales tax election will be held on December 7, 2024, and that early voting begins on November 22, 2024, and ends on November 30, 2024.

The Fire Chief requested that the Board approve the purchase of a new pickup truck for use as the Fire Chief unit, with the present Fire Chief unit (2023 Chevrolet Tahoe) to be used as an additional medical unit.

After some discussion, a motion was made by Mr. Lee, seconded by Mr. Brumfield and carried that the Board approve the purchase of a new pickup truck to be used as the Fire Chief unit, at a cost not to exceed \$70,000.00 in accordance with the Public Bid Law, with the present unit (2023 Chevrolet Tahoe) to be used as an additional medical unit.

Chief Stevens then made known that the old brush truck needs to be replaced and requested that the Board approve the purchase of a new brush truck, in accordance with the Public Bid Law.

A motion was made by Mr. Lee, seconded by Ms. Bennett and carried that the Board authorize Chief Stevens to purchase a new brush truck, in accordance with the Public Bid Law.

The Secretary requested that the Board approve amending the agenda to add consideration of adoption of Resolution No. 09-24.

Whereupon, a motion was made by Mr. Lee and seconded by Mr. Foster that the agenda be amended to add consideration of adoption of Resolution No. 09-24.

The Chairman called for a roll call vote on amending the agenda, as follows:

YEAS: 5 (Glasgow, Bennett, Brumfield, Lee, Foster)
NAYS: None
ABSTAINED: None
ABSENT: None

Assistant Chief Jason King then read aloud the following Resolution:

RESOLUTION NO. 09-24

A RESOLUTION NAMING THE MEETING ROOM OF TANGIPAHOA PARISH FIRE PROTECTION DISTRICT NO. 1 THE "EVANS RAY 'BUD' GLASGOW EXECUTIVE BOARD ROOM" IN RECOGNITION OF HIS LONG AND DEDICATED SERVICE TO THE FIRE DISTRICT

WHEREAS, Evans Ray "Bud" Glasgow has served with distinction as a Commissioner, Vice-Chairman, and Chairman of the Tangipahoa Parish Fire Protection District No. 1 for more than 50 years; and
WHEREAS, Mr. Glasgow was appointed to the Board of Commissioners, and since then has demonstrated exceptional leadership, unwavering dedication, and a deep commitment to the safety and well-being of the residents of Tangipahoa Parish; and

WHEREAS, Mr. Glasgow has served as Vice-Chairman for several years before being appointed Chairman in January 2002, a position he has held with honor and integrity; and

WHEREAS, throughout his tenure, Mr. Glasgow has worked tirelessly to ensure that the fire district has maintained the highest standards of service, effectiveness, and financial stewardship, ensuring that emergency services continue to meet the needs of the community; and

WHEREAS, Mr. Glasgow's contributions have made a lasting impact on the success and development of Tangipahoa Parish Fire Protection District No. 1, and his leadership has been instrumental in guiding Fire District No. 1 through both challenges and achievements; and

WHEREAS, it is fitting and appropriate that the meeting room of Fire District No. 1, a place where important decisions are made to benefit the community, be named in honor of Mr. Glasgow to recognize his remarkable service and dedication to the Fire District and the citizens of Tangipahoa Parish.

NOW, THEREFORE, BE IT RESOLVED by the Board of Commissioners of Tangipahoa Parish Fire Protection District No. 1 that the meeting room of Fire District No. 1 shall henceforth be named the **Evans Ray "Bud" Glasgow Executive Board Room**, in honor of his more than 50 years of service as Commissioner, Vice-Chairman, and Chairman, and in recognition of his outstanding leadership, commitment, and contributions to the Fire District No. 1 and the community.

BE IT FURTHER RESOLVED that a plaque shall be placed in the meeting room bearing this name to honor Mr. Glasgow's legacy and to ensure that future generations are aware of the profound impact he has had on the success and growth of Tangipahoa Parish Fire Protection District No. 1.

PASSED AND ADOPTED this 14th day of November, 2024, by the Board of Commissioners of Tangipahoa Parish Fire Protection District No.1 on a motion by Mr. Lee, seconded by Mr. Brumfield and unanimously carried.

There being no further business to come before the Board, a motion was made by Mr. Lee, seconded by Mr. Foster and carried that the meeting be adjourned.

E. Ray Glasgow
Chairman

Agnes Prevost
Secretary-Treasurer

LSU Strengthens Role in Artificial Intelligence Innovation From LSU

LSU is proud to announce its invitation to join the distinguished AI Alliance, a collaborative network of leading institutions and organizations dedicated to advancing artificial intelligence research, development, and governance.

This invitation is the result of months of coordinated effort by LSU's Office of Data and Strategic Analytics (ODSA), including members of its AI Faculty Fellows program, with support from LSU President William F. Tate IV.LSU President William F. Tate IV.

With most members of the AI Alliance being part of the Association of American Universities (AAU), LSU's inclusion marks a significant achievement. It positions LSU as the only institution in Louisiana, both in higher education and industry, to be represented in this esteemed network.

"We are honored to join the AI Alliance and to stand at the forefront of artificial intelligence research and education," said LSU President William F. Tate IV. "Our participation in the AI Alliance reflects LSU's commitment to deploying safe and responsible AI systems that drive transformative inno-

vation across sectors like agriculture, biotechnology, coastal resilience, defense, and energy. Through our Scholarship First Agenda, we are harnessing AI not only to reimagine education but also to enhance university operations, ensuring that LSU remains a leader in technological advancement."

LSU's faculty and students are already using AI and machine learning to push boundaries across various fields. From discovering new medical breakthroughs to advancing our understanding of the universe, LSU researchers are leveraging AI to address some of the world's most complex challenges.

"LSU is uniquely positioned to lead in AI research and education," said Supratik Mukhopadhyay, AI Fellow and professor at LSU. "Our work focuses on the deployment of safe and responsible AI systems that drive innovation in critical areas like Agriculture, Biotechnology, Coastal and Environmental Studies, Defense, and Energy."

The AI Alliance is a collaborative network that includes universities, research institutions, startups, government organizations, and

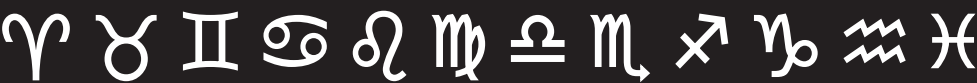
non-profits. Together, these stakeholders work at the forefront of AI to foster innovation and ensure responsible development.

As a member of the AI Alliance, LSU will gain direct access to a global community of academic and industry leaders, strengthening its position as a hub for AI research, development, and application. The Alliance is focused on enabling researchers and developers to accelerate responsible AI innovation while ensuring safety, security, diversity, and economic competitiveness.

"This is a remarkable opportunity for LSU to collaborate with like-minded institutions and organizations, all committed to shaping the future of AI," said Keena Arbuthnot, Vice President and Chief Data Officer. "We are excited about the opportunities this will bring for our faculty, students, and partners as we continue to explore AI's potential to transform society."

The AI Alliance's efforts are crucial in promoting the ethical use of AI technology and advancing its potential to solve global challenges. LSU's participation will further its mission of open scientific innovation, sharing knowledge and research that can shape a better, more informed world.

Horoscopes



4th week of December

ARIES - Mar 21/Apr 20

It's easy for your mind to wander and get caught daydreaming, Aries. You could be feeling a little restless and in need of a change. A vacation or a night with friends may just do it.

TAURUS - Apr 21/May 21

Taurus, even if you are trying to save money, this week some situations will arise that will require you to open your wallet. This is why you have an emergency fund.

GEMINI - May 22/Jun 21

Gemini, sometimes people do not know which side of you they might encounter and might keep you at arms' length as a result. Try to be more open this week.

CANCER - Jun 22/Jul 22

Exciting things are on the horizon, Cancer. This might be something you have been anticipating for some time.

LEO - Jul 23/Aug 23

Leo, this week you might need to stick up for someone or fight for a cause you believe in, even if it adversely affects your popularity. Stand your ground in these situations.

VIRGO - Aug 24/Sept 22

Virgo, you might want to swallow your pride and ask for help rather than trying to do everything on your own. Going it alone hasn't helped you in the past, so why should it now?

LIBRA - Sept 23/Oct 23

Someone steps in and helps you along at work, Libra. Instead of feeling he or she took liberties, thank this person for giving you the extra boost you likely needed at the time.

SCORPIO - Oct 24/Nov 22

Scorpio, try to look at a situation from a new angle and then you might get some of the answers you desire this week. Is someone acting out of character?

SAGITTARIUS - Nov 23/Dec 21

Learn how to deal with conflict in a productive way, Sagittarius. Then you won't get bogged down by others when they are going head-to-head. Aries might play a role this week.

CAPRICORN - Dec 22/Jan 20

This week you may find that all of your efforts to build up to a pinnacle moment perhaps didn't give you the feelings you desired. Try getting back to basics.

AQUARIUS - Jan 21/Feb 18

Aquarius, something that has been stretching on for quite some time finally gets finished, giving you the closure you need. Share the news slowly with others.

PISCES - Feb 19/Mar 20

Pisces, if what you are doing right now is giving you gratification, you might not need to make many big changes in the weeks to come.



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Keeping It Real
in REAL ESTATE
with Stacey Levin, RAM Properties

The Joy of Giving

BY STACEY LEVIN
Tangi Times Technical Contributor



Owner/Broker of
RAM Properties,
Stacey Levin

The joy of receiving a meaningful gift can leave a lasting impact on our lives.

What was your best Christmas gift ever? I remember mine like yesterday. I was a struggling new mom, barely able to make ends meet. Attending my cousin's wedding in Chicago seemed like an impossible dream, given my financial constraints, responsibilities, and job. Emotions didn't come naturally to me, and my family often found it challenging to surprise me with gifts that would evoke excitement. However, one gift shattered that notion and brought tears of joy, screams of excitement, and leaps of happiness. It was a gesture that I never saw coming. My father presented me with a plane ticket and hotel stay for my cousin's wedding – a thoughtful and unexpected gift that touched my heart deeply. The sheer idea of attending had never crossed my mind.

Reflecting on those days,

I now realize that survival had become my sole focus, but it shouldn't have been that way. I should have eagerly planned to attend my cousin's wedding, celebrating love and family. Today, armed with more knowledge and experience, I understand the true value of gifts that go beyond material possessions. Gifts of knowledge, mindset, drive, and leadership are the ones I strive to impart to my children daily. While my parents did their best, offering mate-

rial things did not contribute significantly to my future.

One of the most incredible gifts I have received is a second chance to raise exceptional children. Along the journey between my first child and my second, spanning over 11 years, I was bestowed with the gift of leadership, knowledge, and a positive mindset. I comprehend now that passing on these gifts to my children holds far greater importance than any material possession ever could. When we empower our children with a growth mindset, equip them with knowledge, and foster their leadership skills, the returns are immeasurable. Today, my greatest treasure is witnessing my children being acknowledged by their teachers, bosses, and coaches for their leadership roles. When they are recognized for doing the right thing, excellence, and leading by example, even in the absence of an audience, it reaffirms that the gift keeps giving.

As for my eldest child, all hope is not lost. It may be more challenging to be an example of change for an adult, but it is possible. Even though he has reached adulthood, I can still lead by example rather than authority, just as I do with my younger children. It requires a more intentional effort, but when adult children finally grasp the value of leadership

and knowledge, it becomes an enriching experience beyond imagination. Unlike younger children, adult children don't simply take our word for it; they must witness the principles in action from parents and other successful adults. Multiple sources of confirmation become essential.

Receiving a gift that transcends material possessions can transform our lives. This experience can shape perspective, leading to recognizing the true value of gifts: knowledge, mindset, drive, and leadership. While it may be more challenging to instill change in adult children, leading by example and exposing them to successful role models can still inspire transformation. Ultimately, the most precious gifts are those that keep on giving, empowering future generations with the tools they need to thrive. Have a merry Christmas and remember that the most important gift you can give is an outstanding example of leadership and a positive mindset. Proverbs 22:6 - Train up a child in the way he should go, and when he is old, he will not depart from it.

Parents, we have a job to do. Our children need leadership. Give that gift to your children. The cost is minimal, and the gain is immeasurable.

Setting New Year's Resolutions We Can Reach

By KASIA PERKOWSKA
Tangi Times Feature Columnist

It's that time of year again! I hope everyone is making memories and enjoying the holiday bliss

with family and friends this Christmas season.

With New Year's just around the corner, some

are setting New Year's resolutions, making vision boards, and possibly even a thorough plan to ensure we won't fail this year.

I've given myself a good ole' talking to and chastising myself for setting unrealistic expectations, knowing that the end result will be disappointing due to overwhelm and life in general!

So why is sticking to our New Year's goals and resolutions so difficult? I'm pretty sure I've figured out my reasons for failing to stick to my own, but it required me to be completely honest with myself. This is difficult because who wants to admit their faults? I've realized that setting goals required asking myself why I wanted to set them to begin with.

I've done it every year – set resolutions, make promises to myself, and even allow myself incentives! It's easy to stick to something for the first few weeks, but as we all know, life does catch up eventually, and that's when excuses come.

Once we realize we've failed at something important, the guilt, shame, and self-criticism begin. However, we fail to recognize that people do much more damage to themselves psychologically with their negative self-talk than with the actual shortcomings of a goal.

Who came up with setting resolutions only on New Year's? There is no rule stating we can't set a goal for ourselves and start working towards it on any

other day of the year. Many people are just beginning to decompress after the hustle and bustle of Thanksgiving and Christmas, and we expect to top that off by going straight towards a new resolution without a break in between.

Why do we make New Year's resolutions to begin with? What is so important about January 1? It's a new beginning, a time for reflection and wanting to better our lives or ourselves.

Unfortunately, optimism alone won't make us stick to our resolutions and goals. After all, the plan we have in mind may be much more challenging to stick to in our day-to-day lives, especially if the resolution is exercising regularly or sticking to a new diet.

Watching online videos from influencers who seem to have their whole lives together can make us set unrealistic expectations of ourselves. Putting what's on paper into fruition is another thing entirely.

I know. I've had a lot of experience with my own failures, as none of us are immune to being the perfectly imperfect humans we are. Failures are a huge part of life and should be taken as lessons learned along the way to our betterment rather than something to feel ashamed or guilty of.

Self-doubt often leads to giving up before making much of an effort. Criticism from others also makes us sink deeper into that negative feeling.

The problem with New Year's resolutions is that we think big, believing there will be a huge, sudden, and noticeable change in our lives, when, in reality, we rarely encounter an individual who has made such a drastic life change.

In October of 2023, according to a Forbes Health/

PUZZLE SOLUTIONS

BRAIN TEASER SOLUTION

From December 19, 2024

UP UP AND ARRAY

Place a number in each empty cell of this array so that the numbers in the top and middle cells in each column sum to the number in the bottom cell. Also, in each row, the numbers in the first and second cells sum to the number in the third cell; the second and third sum to the fourth; and the third and fourth sum to the fifth. When you've completed the array, convert the shaded numbers to letters (1=A, 2=B, etc.). Rearrange these letters to spell something people take on a plane.

SOLUTION

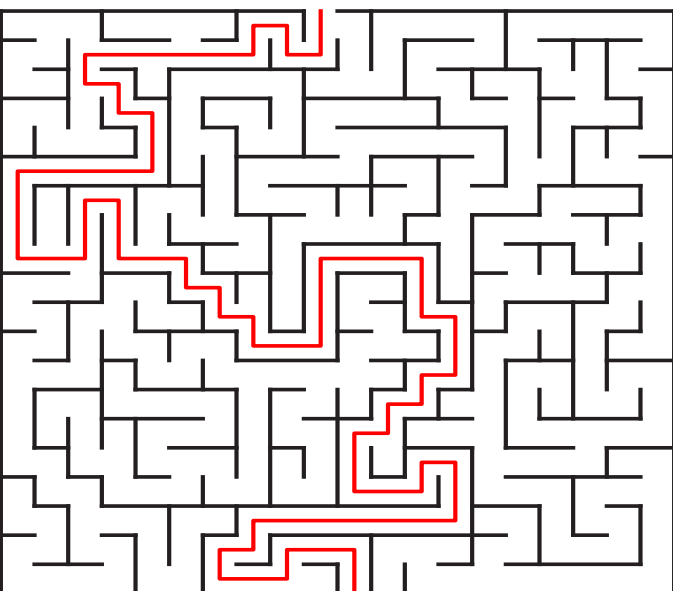
8	7	15	22	37
9	5	14	19	33
17	12	29	41	70

The answer is NOVEL. Start in the middle row. If N represents the second number in this row, then according to the addition rule given. The third number is 9+N, the fourth number is 9+2N, and the fifth is 18+3N. But we know that the fifth number is 33, so 18+3N=33. fifth is 18+3N. But we know that the fifth number is 33, so 18+3N=33. Rearranging gives us 3N=15. Dividing both sides by 3 reveals that N=5. With the middle row determined, we use simple addition and subtraction to solve the remaining numbers in the array.

PUZZLE SOLUTION

C	P	U							C	A	B			
A	R	M							C	U	R	I	A	
D	E	B	S						I	R	O	N	S	
M	A	R	Y					C	P	A		M	A	C
I	C	A	C	O			B	A	I		B	A	L	I
C	H	E	E	S	E	B	U	R	G	E	R	S		
					T	A	B		T	B	A			
			A	H	A	B		D	A	B	S			
			R	A	G		T	A	I					
		B	A	S	E	B	A	L	L	G	A	M	E	S
S	C	A	B		R	A	D			A	B	A	S	E
N	O	T		B	E	D					E	C	C	M
C	A	E	C	A							T	H	A	I
C	L	A	N	G								O	P	T
	S	U	S									S	E	E

G	A	X	P	A	E	N	I	A	R	G	I	M	H	C	H	P	O	S	
M	I	K	S	X	Z	L	R	G	M	L	Z	T	O	W	E	M	E	S	
T	V	N	T	G	V	I	T	E	B	O	A	W	U	V	C	L	A	S	
E	G	V	R	R	N	R	C	D	Z	D	L	P	H	F	B	L	T	B	
E	S	X	E	P	E	R	T	U	S	S	I	S	B	I	M	B	D	P	
D	I	U	P	C	W	S	T	G	V	C	R	A	S	O	G	H	A	T	
I	T	M	T	A	V	R	P	R	K	X	Z	S	N	T	O	R	H	R	
S	I	B	H	Z	T	C	I	I	R	X	I	E	N	S	A	O	T	O	
S	E	T	Z	R	N	G	O	H	K	W	M	L	F	S	S	O	H	X	
A	A	K	O	E	I	V	O	M	S	L	E	E	I	K	R	O	S	D	
S	P	N	A	U	M	I	O	N	A	C	N	T	W	I	P	U	N	L	
E	E	E	T	L	M	D	A	R	T	L	E	O	T	L	R	K	K	O	
A	H	X	D	F	N	R	K	I	L	S	R	I	A	H	K	W	S	C	
G	N	C	W	N	T	F	O	I	R	M	S	S	T	P	P	F	P	N	
E	C	O	L	I	Z	U	I	S	S	E	M	C	H	B	I	C	L	O	
D	N	V	H	M	S	N	G	P	W	O	T	Z	V	I	R	U	S	M	
F	B	N	I	X	P	G	D	S	S	A	I	C	U	H	H	X	K	M	
K	X	E	T	H	D	A	K	I	N	T	W	U	A	E	L	B	T	O	
T	N	N	P	X	G	L	S	K	P	A	I	N	V	B	S	O	G	C	
M	G	F	E	T	U	B	E	R	C	U	L	O	S	I	S	U	Z	I	



1	3	7	9	8	5	6	4	2
6	2	4	3	1	7	9	8	5
5	9	8	6	4	2	3	7	1
7	1	3	4	6	8	2	5	9
9	5	6	2	7	3	8	1	4
8	4	2	1	5	9	7	6	3
4	8	9	5	3	6	1	2	7
2	6	5	7	9	1	4	3	8
3	7	1	8	2	4	5	9	6

KIDS CROSSWORD

ACROSS

1. Fearful
4. Imitator
6. Pounce

DOWN

1. Feline
2. Restrain
3. Purring
5. Taste

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CONTACT INFORMATION

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(Please see Resolutions We Can Reach on Page 12)

A New Year, A New Look



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GINGERBREAD

From Page 1

favorite, and decorating the houses became a cheerful family activity that perfectly suited the festive spirit. Each house was unique, a sweet showcase of creativity and (sometimes) engineering skills.

In the United States, the tradition gained traction in the early 20th century, when German immigrants brought their baking customs with them. Today, gingerbread house competitions are held worldwide, and professional bakers push the boundaries with elaborate, jaw-dropping designs.

Seriously, who knew gingerbread skyscrapers were a thing?

Part of what makes gingerbread houses so charming is their imperfection. Whether your walls collapse under the weight of too much icing, or your candy shingles slide off the roof, the joy is in the process. Children (and adults, let's be honest) revel in licking frosting-covered fingers and sneakily snacking on gumdrops meant for decoration.

And for those who fear baking disasters? Pre-made kits have you covered, offering everything you need to create a festive masterpiece without turning your kitchen into a powdered sugar explosion.

Gingerbread houses are more than just a tasty tradition; they're a symbol of togetherness and creativity. Each house tells a story, whether it's a simple cottage made by tiny hands or a sprawling mansion crafted by an ambitious baker. They remind us that Christmas is about more than perfection – it's about sharing sweet, messy, laughter-filled moments with loved ones.

So this holiday season, roll up your sleeves, grab some gumdrops, and let your imagination run wild. After all, there's no place like home...especially if it's made of gingerbread.

Gardenettes Christmas Party

From the Gardenettes

Gardenettes celebrated their 82nd annual Christmas Party at Millside Restaurant in Ponchatoula. A member of District VI Louisiana Garden Club Federation Inc., Deep South Garden Clubs Inc., and National Garden Clubs Inc., the club works to further civic causes as well as instilling a love for beautification through floral awareness, conservation and horticulture.

According to President Susan Pizani, the club members donated some floral cheer to be distributed to those who are in need of holiday decorations. The club welcomed guest Kathryn J. Martin to their celebration.



(Courtesy Photo)

Cynthia Cumber, Sandy Cusick, guest Kathryn Martin, President Susan Pizani, Marilyn Wright, Vicky Fannaly, Virginia Hawkins, Carol McGough, Ellen Pusey

WVFC 2024 Christmas Luncheon

By WVFC Reporter Pam Villagran



(Courtesy Photo)

L to R: Jamie McDonald, Carla VanVrancken, Beverly Webre, Gwen Domiano, Millie Meyers, Cathy Vilardo, Jean Johnson, Sharon Miano, Lucie Hanewinkel, Jean Hebert, Julie Desselles, Gloria Messenger, Sue Nelson, Pam Villagran, Karen Bankston, Kathleen Hayman, Cecilia Miller, Maureen Felder, Donna Bouterie, Susan Melancon, Guest Gail Calderone

On December 4, 2024, Wednesday Volunteers for Family and Community (WVFC) held their annual Christmas luncheon at Car-

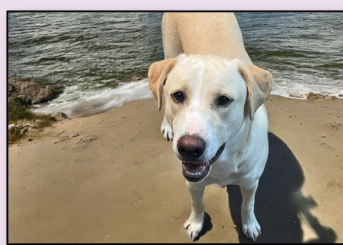
ter Plantation Restaurant in Springfield, LA. Twenty club members attended the event along with four guests.

One of the guests was

Deputy Susie Cambre with the Tangipahoa Sheriff's Office. WVFC President, Donna Bouterie, and member, Jean Hebert, presented Deputy Suzie with a check from WVFC to help fund Sheriff Sticker's Christmas Crusade for Children. WVFC has donated to this worthy foundation for several years.

Wednesday Volunteers for Family and Community (WVFC) is one of two chapters that make up the Tangipahoa Volunteers for Family and Community (TVFC) organization. TVFC is an all-volunteer arm of LSU Ag Center Extension Service. For membership information, contact Membership Chairman Sue Nelson at suenelson41@yahoo.com. We are always happy to welcome new members! You can also follow us on Facebook, or visit our website at <http://www.tangivfc.com>.

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Remi

11MO male lab, trainable, loves to play, big heart and loves people.



Clover

1.5MYO female, friendly, playful, would love a loving home!



JJ

1YO female lab mix, playful, friendly, full of love, good with farm animals, esp. goats!



Spot

2YO male pit mix, friendly, loves people and treats, loves to play in the yard.



Twyla

Friendly older girl, lab mix, waiting for someone special to love her forever.

To meet one of these adorable babies, call **985-543-0215**

Tangipahoa Parish Animal Services

Bingo Activity

By WVFC Reporter Pam Villagran

Earlier in the month, several members of Wednesday Volunteers for Family and Community (WVFC) gathered at the home of club secretary, Gloria Messenger, to stuff Christmas gift bags with personal care items purchased in advance with club funds by Ms. Messenger. On November 25, Ms. Messenger, along with members Millie Meyers, Jean Johnson, Carla VanVrancken, and Sharon Miano, took the bags to Belle Maison Nursing Home in Hammond and distributed them to the 34 residents at the club sponsored Bingo activity.

Millie Meyers is WVFC's chairperson for the monthly activity. After the activity, the ladies served refreshments to the residents.



(Courtesy Photo)

L to R: Sharon Miano, Julie Desselles, Gwen Domiano, Donna Bouterie, Sue Nelson, Susan Melacon, Jamie McDonald

Wednesday Volunteers for Family and Community (WVFC) is one of two organizations that make up the Tangipahoa Volunteers for Family and Community (TVFC) organization. TVFC is an all-volunteer arm of LSU Ag Center Extension Ser-

vice. If you would like to find out how you can become a member of TVFC, contact Membership Chairman Sue Nelson at suenelson41@yahoo.com. You can also follow us on Facebook or visit our website at <http://www.tangivfc.com>.



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Tommy Hazlewood
Sports Editor



Joel Ray
Sportswriter



Dwight Williams Jr.
Sportswriter



Ethan Peltier
Sports Reporter



C-Dub's Dubious News

Hello friends! Let's take a moment to honor some brave heroes who have put themselves in danger for others. I'm talking about firemen, soldiers, and an unknown do-gooder named Michael Orchard.

In 2016, Orchard saw his neighbor's house burning down and remembered that they had a dog that was trapped inside. After no neighbors responded to his cries for help, he took matters into his own hands.

Michael drove his BMW sedan through his neighbor's fence and smashed through the back door to reach the dog. He emerged from the burning house triumphantly, holding the large white dog. This man would be quite the hero, but ... the house was never actually on fire! Michael had consumed LSD and cough syrup and had hallucinated the entire disaster. So, instead of a Medal of Valor, Orchard probably got a bill for a new fence and a backdoor.

Don't do drugs, kids! Until next time!

Pickleball Is Coming to Ponchy

By EDWARD BODKER



Beginning January 8, 2025, the Ponchatoula Community Center, at 300 5th St., will host a new pickleball program that teaches and promotes this fun and fast-growing sport. This program, Ponchatoula Community Pickleball (PCP), will start with a free beginner's clinic.

The beginner's clinic is open to the public and will be held at the Community Center on Wednesday, January 8, from 9:00-10:30am. To register, simply send a text message to Ed Bodker at 985-386-0352 or "Pickleball Phil" at 504-390-1291 confirming that you will attend.

PCP is a local organization founded by Ed Bodker and comprised of experienced pickleball players volunteering to help manage this program. Our mission is not profit but fun, safety, skill development, and organized play.

Pickleball is "social aerobics" and can be played and enjoyed on many different skill levels. Players develop new friends and discover they can be active and competitive beyond expectations.

This game is easy to learn but difficult to master. The better you get, the more fun the game becomes.

Regardless of age or the number of knee replacements, you can still play pickleball. Most accidents can be avoided with proper training and safety equipment. The overall health benefits are far greater than potential accidents.

The number of pickleball players has grown across the United States by 223.5% during the past four years. Louisiana has lagged behind but is rapidly catching up.

One of the growing hot spots for pickleball is New Orleans and the Northshore

of Lake Pontchartrain. Currently there are more than 3,500 players in this area. Many recreation facilities are adding or expanding their facilities to meet the public's pickleball interest.

The PCP program at the Ponchatoula Community Center has limited time and space with only three courts, but our specialized role will be to help people get started in pickleball, help them develop their skills and to provide information and contacts for other pickleball opportunities.

PCP is more of an organized pathway-pickleball-program than a potluck-play opportunity that's used by many larger facilities.

If you're new to pickleball and would like give it a try, come join us on January 8.

HAPPY BIRTHDAY JESUS

Tulane Baseball Coach Signs Contract Extension

By JOEL RAY

Tangi Times Sportswriter

Tulane Director of Athletics David Harris announced that Tulane Head Baseball Coach Jay Uhlman has signed a two-year contract extension to remain with the University through June 2029.

"Tulane's performance, on and off the baseball diamond, has thrived under Jay's leadership," said Harris. "Winning consecutive conference titles wouldn't be possible without championship culture and we are fortunate that Coach Uhlman and his staff have made that a cornerstone of our program."

In 2024, Uhlman's Green Wave accomplished one of the most difficult feats in baseball, to repeat as a conference champion. The team again ran through the American Athletic Conference Tournament, going undefeated to win Tulane's second consecutive conference championship.

The Olive and Blue outscored its opposition by a combined total of 45-18. The following weekend, Tulane traveled across the country to Corvallis, Oregon to participate in its 23rd NCAA



Tulane
Baseball Coach
Jay Uhlman

Regional. The team earned a 3-0 victory over the Nicholls State Colonels for the program's first NCAA Regional win since 2016 and the first regional shutout since 2005.

"Let me start by thanking President (Michael) Fitts, David Harris, and (Deputy AD/ Chief Operating Officer) Justin Schemmel for believing in who we are and how we represent Tulane Athletics and specifically Tulane Baseball," Uhlman said. "This extension provides our staff and players with stability through the 2029 season,

creating an opportunity to build upon the foundation that we have worked hard to create. We have our sights set on continued growth and championship success while steadfastly maintaining our feet in the present. Our daily mission is to recruit, develop, challenge, and create positive relationships with our players so that we give ourselves the best chance to take this program, alums, and fans back to Omaha (home of the College World Series)."

At season's end, Tulane had four players chosen in the 2024 Major League Baseball Draft as pitcher Chandler Welch was taken in the sixth round by the Milwaukee Brewers, catcher Colin Tuft was chosen in the eighth round by the Baltimore Orioles, first baseman Brady Marget was taken in the 16th round by the Tampa Bay Rays, and outfielder Teo Banks was picked in the 18th round by the Washington Nationals.

The Tulane baseball team also received the ABCA Academic Excellence Award for the eighth consecutive season.

Tulane brings back 22 players this baseball season.

Tangi Times Sportswriter Joel Ray is a member of the Louisiana Sports Writers Association.

Rayshawn Pleasant Named CFN Third Team All-American

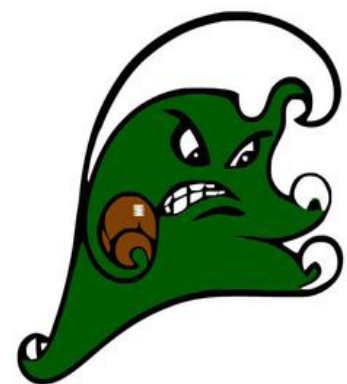
By JOEL RAY

Tangi Times Sportswriter

Tulane football's Rayshawn Pleasant was named a 2024 College Football Network (CFN) Third Team All-American as a kick returner for the Green Wave.

Pleasant was one of four Tulane players named All-American by the CFN along with running back Makhi Hughes, offensive center Vincent Murphy, and offensive guard Shadre Hurst.

This season, through the first 13 games, Pleasant is leading the American Ath-



letic Conference and the nation with his two kick return touchdowns. He also averaged 34.5 yards a return with 449 yards on 13 returns with a long of 100 yards.

Hughes leads Tulane and is second in the American Athletic Conference with 1,372 yards rushing. He has topped 100 yards in seven games this year.

Murphy and Hurst have helped the Tulane offense rank among the top five in the American Athletic Conference in multiple categories including third down conversions, completion percentage, scoring offense, fewest interceptions, red zone offense, passing efficiency, rushing, time of possession, first downs, and passing yards per completion.

The Tulane offense has scored 20 or more points in 11 of the team's 13 games.

Tangi Times Sportswriter Joel Ray is a member of the Louisiana Sports Writers Association.

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Jackie Smith – In a Class of his Own

By Tommy Hazlewood
Tangi Times Sports Editor



(Photos courtesy of nsudemons.com)

Imagine, being universally recognized by football fans as being the man that revolutionized the tight end position. Then imagine hailing from a parish where the football tradition runs deep – and playing at a university that has history, and you are the only Pro Football Hall of Famer from both.

Then imagine being humbled to find out that little fact when a pair of hometown sportswriters point it out.

There is no need to imagine, because that's what happened when we spoke to 84-year-old former Kentwood Kangaroo, Northwestern State Demon, and St. Louis Cardinal legend Jackie Smith.

Smith, who was a track standout at KHS in the mid-'50s, turned a half scholarship at then Northwestern State College into a brilliant gridiron career that eventually paved the way to the Hall of Fame in Canton, Ohio.

Although he has every reason to brag, the unassuming gentleman simply stated, "I had to be in the right place at the right time. It's as an old friend used to tell me, 'It's like finding a bird's nest on the ground.'"

Those words inspired Jackie to stay focused and make the most of the opportunity an athletic scholarship would give him.

Jackie was born in Columbia, MS, but shortly after, his father, a Louisiana native, moved the family back to northern Tangipahoa Parish for better work opportunities. As a teenager, Jackie decided to try out for the Kentwood High track team.

Some athletes compete for the pure joy of competition. Others do it because of family traditions. But Smith's motive is as old as time itself. "I asked them to let me run the high hurdles, and so the coach relented and let me do it because my then girlfriend's dad was a world champion high hurdler (Alvin Moreau, Sr., who set the world record in the 1934 Bislett games with a mark of 14.2). I wanted to learn how to run the High Hurdles to impress her, and I'll be damned if it didn't

get me into college and pro football. It's interesting how things work sometimes."

The blue-collar elder wasn't enamored with his son's choice to play football and run track at Kentwood, but he saw his son shake off an Achilles injury his sophomore year to earn a starting spot in the backfield two years later, as well as win a State Championship in the hurdles. "Dad was too busy working. Football and athletics were never a big thing for him. He just thought it was something to keep me busy, which was good. When I finally got into college, he thought that I had some talent, but that was when he passed. He never got to see me play."

Although he will always be remembered for his play on the football field, it was track and field that first caught the attention of Northwestern State track coach Walter Ledet, who did double duty as offensive line coach on the Demon football team. Coach Ledet knew a little about being a two-sport star, being a standout in Natchitoches, where the track complex bears his name. He was also drafted by the Philadelphia Eagles.

"I was in high school, and we had a track meet at Northwestern," said Smith. "I won the high hurdles; I was walking back to the starting line and there was Coach Ledet behind me. By the time I got back to the starting line, he had talked me into going to Northwestern."

In Smith's college days, sometimes a forward pass could seem like a trick play. Passes could be few and far between, so the track standout made the most of his chances in Coach Jack Clayton's run-first attack. In his final two years as a Demon, Jackie led his team in receiving.

Jackie's play did not go unnoticed, and on December 3, 1962, he got a phone call that changed his life. The NFL's St. Louis Cardinals selected the 22-year-old in the 10th round of the annual College Draft.

"At first, I thought that they made a mistake. I

called them and said, 'Did you guys make a mistake?'"

It was no mistake, and kind of like Coach Ledet in college, the man who made the selection knew what he was doing.

Receivers coach Fran Polsfoot had a similar path to the pros. "In college he had run the hurdles. He said, 'I know if a guy can run the hurdles, he can damn sure run a pass pattern,' and that's how I got drafted."

Smith was initially slated to be a flanker, but as luck would have it, first team tight end Taz Anderson was injured after the fourth game of the year, opening the door for the rookie from Louisiana.

Jackie went to St. Louis a 6'4, 210-lb wideout, but Polsfoot saw potential for Smith at the tight end position. At that same time, Mike Ditka and John Mackey were drawing attention in the same spot.

Faster guys like him were given routes more like those run by wide receivers. They were more mobile than the tight ends at the time and gave quarterbacks more options. Smith spent some time bulking up, getting up to 235 pounds, while still running a 4.7 40-yard dash, which was on par with most wideouts at the time.

The combination of his size and speed was a nightmare for defensive backs. Once he made a catch, he proved to be tough to take down. He ran with determination and didn't try to avoid tackles. Instead, he tried to run over defenders, almost like dishing out a punishment.

Thrust into the starting roll, Smith made an immediate impact, reeling in nine passes for 212 yards and two touchdowns in a 24-23 win over Pittsburgh. From there, he would not relinquish his spot on the depth chart and finished the year finishing with 28 receptions.

The 1967 campaign saw his best year as a pro. That year, Number 81 set career highs in touchdowns with nine, catches with 56, and over 1,200 yards.

Jackie proved himself to be reliable and durable as

well, playing in 121 straight games before missing the final five games of the 1975 season with torn ligaments. He was able to return for the playoffs that season, the second straight year that the "Cardiac Cards" made the post season.

After a 1976 season that saw him limited to only five receptions, Smith decided to hang up his cleats after 15 years in St. Louis. During his time in the shadows of the Gateway Arch, Jackie made five straight Pro Bowls and had seven consecutive seasons with 40 or more catches.

His decade and a half is tied for the longest tenure in a Cardinal uniform.

His retirement would not last long, however. Like his start in St. Louis, an injury gave Smith an opportunity; and like when he was drafted, there was another surprise phone call, this one from Super Bowl winning coach and future Hall Of Fame inductee Tom Landry of the Dallas Cowboys.

"I got a call, and he said, 'Jackie, this is Coach Landry,' and I said 'sure' and hung up on him. I thought someone was playing a joke on me. He called back laughing and told me that his back-up tight end got hurt. I told him, 'Coach I haven't been working out.' He said, 'We'll figure it out when you get here,' and that was it."

During his one season in Dallas, he got to experience what every player dreams of when he and his new teammates made it to Super Bowl XIII, falling to Terry Bradshaw's Steelers 35-31.

"It was kind of a funny feeling because I was going to be in the Super Bowl, and the guys that I had been playing with for years weren't going to be a part of it. So it was kind of a hollow victory because I thought that I was going to make it with all of the guys that I played with before and enjoyed it with them."

That appearance would be his final game in the pros. After his final game, he retired with 7,918 yards – at the time, the highest total for any tight end.

In 1983, Smith's phone rang again, fittingly from Natchitoches – not only the



(Photos courtesy of nsudemons.com)

home of his Alma Mater, but also the Louisiana Sports Writers Association Hall of Fame.

Eleven years later, the Show Me State followed suit. Also in 1994, it was the ultimate honor for the pride of Kentwood, an induction into the Pro Football Hall of Fame in Canton, Ohio. And – if you haven't noticed a pattern yet, the call was a total surprise to Smith.

"That's another call when I had to ask, 'Are you sure that you have the right guy?' I'm not trying to be falsely modest or anything. That's just the way that I thought. I didn't think that that sort of thing would be possible. All I knew was that I tried the best that I could do when I was playing so I didn't have any regrets when I retired. That's how I conducted myself. I was really surprised."

During our conversation, we found Smith to be cordial, friendly, and very easy-going. In follow-up phone calls, it came across that he really enjoyed talking to us.

Not long after our first conversation, I was visiting a friend in a nursing home when the phone rang. It was Jackie. The kind gentleman that he truly is, he started to have a conversation with the resident, giving words of encouragement.

A hidden side to Smith is his singing voice. On several occasions he has sung a

cappella renditions of the National Anthem at various events.

He has also spent his time helping promote "America's Wall" – Missouri's National Veterans Memorial. The official website, mvnmfund.org, includes a section on Smith with the quote, "When you ask why am I involved, I would ask, 'Why not?'"

About a decade after Jackie's retirement, the Cardinal flew the coop and now nests in Arizona. Smith still calls middle America home, however. Although, he does make it back to his hometown on occasion.

The number of pro football players from Tangipahoa Parish is staggering; we could sit here and type out enough names to fill the Sports Lounge. We have a Heisman Trophy Winner, and if Kyle Shanahan knew how to protect a 28-3 third-quarter lead, we would most assuredly add a Super Bowl MVP to the list.

Northwestern State has sent numerous men on to the next level and is the only FCS/I-AA school to have two NFL Rookies of the Year. The Demons were only the second team in the NCAA to have a pair of "Mr. Irrelevant."

Each of those accomplishments is great, but only one man can say that he is enshrined in Canton. Jackie Smith truly is in a class by himself.

PLEASE HELP SUPPORT THE PHS BOWLING TEAM



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Resolutions We Can Reach

OnePoll survey, 61.7% of respondents said they felt pressured to set a New Year’s resolution, and many of them planned on setting multiple goals, with 66.5% stating they planned on making three or more resolutions for 2024.

I believe that’s what we all want: that feeling of having accomplished something big enough to set an example and motivate others. Few achieve this, though.

The fact is, significant change doesn’t happen overnight. Whatever we desire to accomplish, becoming conscious enough of the issue to want to change can take years, if not decades.

Why not start small? Instead of setting huge goals that we know are hard to accomplish, set smaller, more realistic ones. Celebrate those small wins, then go after the next, slightly more challenging goal. Focus solely on that one until you reach the finish line before starting a bigger one.

We aren’t doing ourselves any favors when setting resolutions we know we’re unlikely likely to reach.

In my case, it was my health, which was drastically declining, and I decided to change my diet to as much organic, or at least non-GMO, unprocessed, and “clean.” In 2016, I went to a weekend meditation retreat, and in preparation, I had to stick to a strict diet to detox my body.

I was serious about doing something to better my health because everything the doctors did only made me feel worse. I had several reactions to the medications they tried on me. I



had to stop taking those as well, and after two weeks, I realized how alive I felt!

The retreat was fantastic, and on my drive back, I decided to purge my refrigerator and pantry, disposing of all the pills I was taking since all my symptoms vanished within two weeks of the change.

My initial decision was very drastic, and my optimism was strong, but sticking to this extreme change has been challenging. I’ve slipped up numerous times before beating myself up for failing.

The guilt that came with it is another story. For decades, I would tell myself that I should not try something new or different because I have past failures and would just fail again. We strive to be perfectionists, overlooking our many small wins in favor of our failures.

We’re only human, and failing is how we learn. I’ve gotten to the point where I had to be very honest and admit that I’m not super-

woman. I’m not invincible; I have limitations on what I can and cannot do. So, instead of beating myself up over not following through with a New Year’s resolution, I paint a mental picture of several small goals I’d like to reach, regardless of how long it takes or how many times I fail.

I keep telling myself, “Fake it till you make it.” I keep moving forward because giving up is not an option for me. I learned to be happy with my small wins, and over time, to my surprise, I realized I’d reached that long-term goal despite some allowances—after all, I am still human.

I’ve mostly stuck to my clean diet, and grocery store trips are simple when you know about the poisonous dyes, high fructose corn syrup, and food products passed as healthy. Not buying that bag of chips I used to love takes self-discipline, especially when I need comfort food and don’t want to make my own snacks from scratch.

I’ve bought those bags of chips, and I’ve enjoyed each crunchy, salty, delicious bite. About ten minutes later, my stomach reminded me exactly why I decided to stay away from such foods.

Instead of beating myself up for not sticking to my self-imposed strict diet, I would remind myself I’m only human. As long as I’m aware of the pros and cons of my decision and am ready

Continued from Page 8

and willing to live with the repercussions guilt-free, then by all means, allow me those moments! It’s those little moments that make me appreciate just how far I’ve come already!

I’ve gotten to the point where I now bring homemade snacks and fresh fruit on the road when traveling instead of tearing my stomach up with chips and junk food I’d eat from gas

stations. I didn’t even realize I was doing that until I stopped to get gas one day, looked in my basket where I keep snacks, and saw I didn’t need to go inside because I brought snacks I made myself.

I’m much less strict with myself now, and even though I still don’t purchase junk at the grocery store, if someone offers me something they made, I will happily enjoy it guilt-free without beating myself up for straying slightly from my goal.

Setting smaller incremental goals for ourselves is much more easily reachable. We won’t get instant gratification like we expect when setting unrealistic goals. There won’t be shining spotlights, falling confetti, and a fairy flying off as we magically transform, although I am enjoying that visual.

Real change takes time. What would happen if we fed an infant steak, potatoes, gravy, and apple pie with whipped cream? The baby would get sick because their little systems aren’t used to such drastic changes and, therefore, become overwhelmed. In-

stead, we’re fed milk because that is all our little systems can digest at that age. Once our tummies are used to milk, other foods are slowly introduced over several months and years as our palates mature.

The same can be applied to us expecting drastic changes in our lives. Change requires self-discipline, but not to the point of extremes.

I was at the store a couple of days ago, and I was starving! The smells coming from their bakery were divine! I’ve got a few “allowances” I stick to, and was happy that I managed to weigh the pros and cons as I approached the bakery. I left the store without buying it, instead opting to make a quick, more natural, healthy dessert myself.

My drastic change didn’t stick right away, but as the years passed, I noticed that each “failure” was another step to success. Looking back to the beginning eight years ago, I can see just how far I’ve come and be proud of it. As long as I’ve allowed myself to eat some foods in moderation, I will enjoy every bite and not feel guilty about it.



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Thursday, December 26	Chris Broussard (6-9 pm)	Mia Dixon (5-8:30 pm)	
Friday, December 27	Lake Ragan (6-9 pm)	Majestic Band (6-9:30 pm)	Gracie Duplissey (6-8 pm)
Saturday, December 28		Lake Ragan (10-1:30 pm) Pat Catania (2-5:30 pm) Jason Phelps (6-9:30 pm)	

Schedules are Subject to Change